



PTA Newsletter Article

Walk and Talk – Take Advantage of Morning and Afternoon Kid Time

When you take time to walk to and from school with your kids, everyone wins. Not only does walking provide exercise, but also quality time to communicate.

In an interview with KSTU Fox 13, parent Beth Iucker said, "It's a nice bonding time, it's a good time to set expectations for the day and it's pleasant."

Walking with your kids to and from school gives you a chance to show them how to be safe. Remember that kids will want to copy what you do, so make sure to help them follow the safe route on your school's SNAP map. Keep gloves on yourself and the kids and keep your hands out of your pockets. Always look left, then right, then left again when crossing a street, and cross only at crosswalks.

More ideas from UDOT's Student Neighborhood Access Program (SNAP)[™] to encourage your child to walk and bike are available at www.udot.utah.gov/SNAPParents.